

7- Night Menu

Subject to change based on product availability update 2.15.23

Crew #: _____

B1-BREAKFAST BURRITOS (Ely Only)

TORTILLAS	2 Packs	per	Crew
POWDER EGGS	2 packets	per	crew
CHEESE BLOCK	1 block	per	crew
DRIED SAUSAGE (9 oz bag)	1 oz	per	person
FRESH GREEN PEPPER	1 each	per	crew
FRESH ONION	1 each	per	crew
GRANOLA BAR -#1	1 bar	per	person
TRAIL MIX #1 - Diced Pineapple	1 each	per	person
ELECTROLYTE DRINK	1 each	per	person

B2-GRANOLA

GRANOLA - maple almond	4 ounces	per	person
MEAT STICK #1 - country meat - sunrise	2 each	per	person
YOGURT POUCH - strawberry	1 each	per	person
GRANOLA BAR - #2	1 bar	per	person
TRAIL MIX #2 - Cranberry Crunch	1 each	per	person
POWDERED MILK	1 packet	per	crew
ELECTROLYTE DRINK	1 each	per	person

B3-OATMEAL

OATMEAL	2 packets	per	person
MEAT STICK #2 - HIGHLAND - BEEF	1 pc	per	person
FRUIT SQUEEZABLE - apple	1 pc	per	person
ENERGY/PROTEIN BAR #1	1 bar	per	person
YOGURT COVERED FRUIT #1	1 bag	per	person
TRAIL MIX #3 - NFG - Dried Apricots	1 each	per	person
ELECTROLYTE DRINK	1 each	per	person

B4- BAGEL AND CREAM CHEESE

BAGEL	1 each	per	person
CREAM CHEESE	2 packets	per	person
MEAT STICK #3 - ends and curls	0.5 each	per	person
DRIED FRUIT #1 - NFG - mixie/raisin	1 pc	per	person
GRANOLA BAR - #3	1 bar	per	person
TRAIL MIX # 4 - NFG - honey sunflower	1 each	per	person
ELECTROLYTE DRINK	1 each	per	person

B5-PANCAKES

PANCAKE MIX - just add water (compl)	1 box	per	crew
SYRUP	1 bottle	per	crew
SPAM SINGLE (Ely only)	1 pc	per	person
YOGURT COVERED FRUIT #3	1 pc	per	person
CRUNCHERS - NFG - chili lime	1 packet	per	person
ELECTROLYTE DRINK	1 each	per	person

LUNCHES

L1-FRESH LUNCH MUST USE 1ST DAY(Store in Fridge)

BREAD	2 loafs	per	crew
LUNCH MEAT	2 lbs	per	crew
CHEESE SLICES (american cheese)	2 each	per	person
MUSTARD	2 packets	per	person
MAYO	2 packets	per	person
ORANGE	1 each	per	person
ANIMAL CRACKERS	1 each	per	person
ELECTROLYTE DRINK	1 each	per	person

L2-PITA WRAPS

PITA BREAD	1 pack	per	crew
SUMMER SAUSAGE 9oz (Ely onl	3 sausage:	per	crew
CHEESE BLOCK	1 per	per	crew
PEANUT BUTTER CRACKERS	1 packet	per	person
SALTED NUT ROLL	1 bar	per	person
APPLE	1 each	per	person
ELECTROLYTE DRINK	1 each	per	person

USE 2ND OR 3RD DAY

L3-BAGEL

BAGEL	1 each	per	person
PEANUT BUTTER	1 jar	per	crew
JELLY	1 bottle	per	crew
Peanut butter/jelly pouches	2 packets	per	person
TRAIL MIX # 9 - Planter fruit & nu	1 each	per	person
FRUIT SNACKS	2 packets	per	person
BROCCOLI	1 head (p	per	crew
RANCH PACKET (shelf stable)	1 each	per	person
PRINGLES	2 can	per	crew
ELECTROLYTE DRINK	1 each	per	person

USE 2ND OR 3RD DAY

L4-SUMMER SAUSAGE CRACKERS

CLUB CRACKERS	1 box	per	crew
CHEESE WEDGE - Pepper jack	0.5 wheel	per	person
SUMMER SAUSAGE 9oz (Ely onl	3 sausage:	per	crew
TRAIL MIX #14 - Nut & Chocolat	1 pc	per	person
FRUIT BAR	1 each	per	person
FRUIT SNACKS	2 each	per	person
ELECTROLYTE DRINK	1 each	per	person

L5-HUDSON BAY BREAD

HUDSON BAY BREAD	1 bar	per	person
PEANUT BUTTER	1 jar	per	crew
peanut butter/jelly pouches	1 sleeve	PER	person
Country Meatstick- Old #9	2 pc	per	person
FRESH CARROTS	0.5 each	per	person
RANCH PACKET (shelf stable)	1 each	per	person
DRIED FRUIT # 6 - raisins	2 each	per	person
CHEESE WHALE	1 each	per	person
ELECTROLYTE DRINK	1 each	per	person

L6-PEPPERONI PIZZA

TORTILLA	1 pack	per	crew
CHEESEWICH - MOZZ AND PEP	1 each	per	person
SQUEEZABLE PIZZA SAUCE (pl	1 bottle	per	crew
Bagel Chips	3 bags	per	crew
TRAIL MIX #11 - Planters Cajuin	1 pc	per	person
DRIED FRUIT - 10	1 pc	per	person
TWIZZLERS	1 each	per	crew
ELECTROLYTE DRINK	1 each	per	person

EVENING MEALS

D1-VOYAGEUR FAJITA (Store in refrigerator)

_____ TORTILLAS	2 pack	per	crew
_____ SPANISH RICE	34 oz	per	crew
_____ CHICKEN (1.5 lb pack)	1 each	per	crew
_____ FRESH GREEN PEPPER	1 each	per	crew
_____ FRESH ONION	1 each	per	crew
_____ FAJITA SEASONING	1 packets	per	crew
_____ SALSAS	1 bottle	per	crew
_____ CHEESE BLOCK (16 oz)	1 block	per	crew
_____ PUDDING POWDER, CHOCOLATE	3 boxes	per	crew

D2-NORTHWOODS SPAGHETTI

_____ ROTINI PASTA	27 oz	per	crew
_____ DRIED HAMBURGER	1 ounces	per	person
_____ TOMATO POWDER	1 packet	per	crew
_____ SPAGHETTI SEASONING	2 packet	per	crew
_____ FRESH GREEN PEPPER	1 each	per	crew
_____ FRESH ONION	1 each	per	crew
_____ BAGEL, PLAIN	1 each	per	person
_____ BROWNIE MIX	1 packet	per	crew

D3-KEKAKABC SUPREME

_____ DRIED POTATO SLICES	3.7 ounces	per	person
_____ DRIED SAUSAGE CRUMBLES	1 ounces	per	person
_____ CHEESE SAUCE POWDER	1 packet	per	crew
_____ SOUR CREAM POWDER	1 packet	per	crew
_____ DRIED CORN	4.5 ounces	per	crew
_____ BISCUIT MIX (just add water)	2 packets	per	crew
_____ MUFFIN MIX - chocolate chip	2 packets	per	crew

D4-POO BAH BURGOO

_____ DRIED CHICKEN	1 ounces	per	person
_____ WILD RICE SOUP MIX	2 packet	per	crew
_____ BROWN RICE 13.5	14 oz	per	crew
_____ DRIED PEAS	4.5 ounces	per	crew
_____ PITA BREAD	1 pack	per	crew
_____ GRAHAM CRACKERS	1 box	per	crew
_____ MARSHMALLOWS	1 bag	per	crew
_____ CHOCOLATE BAR	1 bar	per	person

D5-CHARLIE'S KRAFT WALLEYE

_____ MACARONI PASTA	27 oz	per	crew
_____ BACON CRUMBLES - shelf stable	3 packet	per	crew
_____ CHEESE SAUCE POWDER	2 packet	per	crew
_____ DRIED GREEN BEANS	4.5 ounces	per	crew
_____ DRIED CARROTS	4.5 ounces	per	crew
_____ CHOCOLATE CAKE MIX	1 box	per	crew
_____ HAZELNUT SPREAD	1 jar	per	crew
_____ CROUTONS (individual)	1 packet	per	crew

CUPBOARD ITEMS AND ESSENTIALS

_____ BANNOCK	2 lbs	per	crew
_____ FISH FRY	1 lbs	per	crew
_____ POPCORN	0.3 lbs	per	crew
_____ PARKAY BUTTER	1 bottles	per	crew
_____ FRESH ONION	1 EACH	per	crew
_____ CANOLA OIL (12 oz bottles)	2 bottles	per	crew
_____ SUGAR-WHITE	1 lbs	per	crew
_____ SUGAR-BROWN	1 lbs	per	crew
_____ SUGAR-POWDERED	0.5 lbs	per	crew
_____ DRIED MILK	1 packet	per	crew
_____ FRESH CARROTT	1 EACH	per	person
_____ FRESH GREEN PEPPER	3 EACH	per	crew
_____ FRESH POTATO	0.8 EACH	per	person

BEVERAGES

_____ COFFEE (REGULAR)	2 packets	per	day/crew
_____ COFFEE (DECAF)			
_____ TEA (REGULAR)			
_____ TEA (DECAF)			
_____ HOT CHOCOLATE	1 packets	per	person
_____ APPLE CIDER	1 packets	per	person
_____ SUGAR PACKETS			
_____ CREAMER PACKETS			
_____ SWEET N LOW			

CONDIMENTS

_____ KETCHUP
_____ MUSTARD
_____ BBQ SAUCE
_____ TACO SAUCE
_____ MAYONNAISE
_____ RELISH
_____ SOY SAUCE

ESSENTIALS

_____ TOILET PAPER	1 rolls	per	day
_____ FEMININE BAGS	1 bag	per	female
_____ LINER BAG FOR FOOD PACK	1 bag	per	food pack

WE'RE ALL PACKED & READY TO GO!!

SIGNATURES:

TRAIL STAFF: _____

COMMISSARY: _____